Mental Hygiene

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Meaning of Mental Hygiene

A Science dealing with the preservation and promotion of mental health as well as prevention and treatment of mental illness or abnormalities.

American Psychiatric Association told that Mental Hygiene consists measures to reduce the incidence of mental illness through prevention and early treatment and to promote mental health

Aims and Purpose of Mental Hygiene

We can identify the three important aspects or approaches in Mental Hygiene, namely the preventive, preservative and curative approach

Aims and Purpose of Mental Hygiene

1. The prevention of mental disorders through an understanding of the relationship that exists between wholesome personality development and life experiences
2. The preservation of the mental health of the individual and of the group
3. The discovery and utilization of therapeutic measures to cure mental illness

Preventive measure of Mental Hygiene

1. To list various causes of maladjustment – personal as well as social
2. To furnish the knowledge of drives, needs, motives, conflicts of motives, frustrations and tensions etc.
3. To suggest ways and means of achieving emotional and social adjustment
4. To suggest the solution for the inner conflicts and frustrations and thus relieving ourselves from tensions,

Preservative measure of Mental Hygiene

1. Developing total potentialities of an individual
2. Attaining emotional maturity and stability
3. Achieving personal and social security as well as adequacy
4. Developing a healthy human relationship and group-interaction
5. Helping an individual acquire a sound body and normal mental health.

Curative measure of Mental Hygiene

1. To furnish necessary knowledge regarding types of mental illness, disorders and disease
2. To suggest various forms of therapy for the treatment and curing of specific mental illness and disordrs
3. To suggest means for the rehabilitation and readjustment for the maladjustment, mentally disturbed and mentally ill persons.

Mentally healthy persons acquire certain essential abilities and capacities that are helpful in developing them as socially adequate and emotionally stable, well-balanced personalities.

Thank You

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